



Key Learning Outcomes – Knowledge and Skills – PSHE

		Relationships Education					
EYFS - PSED		Y1	Y2	Y3	Y4	Y5	Y6
Knowledge	<p>-Children are confident to try new activities, and say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help.</p>	<p>Families are important for children growing up because they can give love, security and stability.</p> <p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>how important friendships are in making us feel happy and secure, and how people choose and make friends.</p> <p>Healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.</p> <p>Most friendships have ups and downs</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds)</p> <p>The conventions of courtesy and manners.</p> <p>Each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</p> <p>Where to get advice e.g. family, school.</p>	<p>Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</p> <p>Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.</p> <p>The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.</p> <p>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>Different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.</p> <p>People sometimes behave differently online, including by pretending to be someone they are not.</p>	<p>The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p> <p>The importance of self-respect and how this links to their own happiness.</p> <p>What a stereotype is, and how stereotypes can be unfair, negative or destructive.</p> <p>The importance of permission-seeking and giving in relationships with friends, peers and adults.</p> <p>The same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p> <p>Where to get advice e.g. family, school and/or other sources.</p>			



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Knowledge					<p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.</p> <p>The concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</p> <p>Where to get advice e.g. family, school and/or other sources.</p>			
		<p>Children play co-operatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.</p> <p>Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.</p>	<p>How to recognise if family relationships are making them feel unhappy or unsafe and how to seek help or advice from others.</p> <p>In school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority.</p> <p>The rules and principles for keeping safe online, how to recognise risks, harmful content and contact and how to report them.</p> <p>How to recognise and report feelings of being unsafe or feeling bad about any adult.</p> <p>How to ask for advice or help for themselves or others and to keep trying until they are heard.</p> <p>How to report concerns or abuse and the vocabulary and confidence needed to do so.</p>		<p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>Recognise what sorts of boundaries are appropriate in friendships with peers and others.</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>		<p>How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed.</p> <p>How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.</p> <p>Practical steps they can take in a range of different contexts to improve or support respectful relationships.</p> <p>How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.</p> <p>How information and data is shared and used online.</p> <p>How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</p> <p>How to report concerns or abuse, and the vocabulary and confidence needed to do so.</p>	



Key Learning Outcomes – Knowledge and Skills – PSHE

		Physical health and mental wellbeing						
		EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Knowledge			<p>Mental wellbeing is a normal part of daily life, in the same way as physical health.</p> <p>There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness).</p> <p>The benefits of physical exercise and time outdoors on mental wellbeing and happiness.</p> <p>Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</p> <p>Where and how to seek support including whom in school they should speak to if they are worried about their own mental wellbeing</p> <p>The importance of keeping personal information private.</p> <p>The characteristics and mental and physical benefits of an active lifestyle.</p> <p>The importance of building regular exercise into daily and weekly routines.</p> <p>What constitutes a healthy diet (including understanding calories and other nutritional content).</p> <p>The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay).</p>		<p>There is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experience.</p> <p>The benefits of physical exercise, time outdoors, community participation on mental wellbeing and happiness.</p> <p>Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</p> <p>Bullying (including cyberbullying) has a negative impact on mental wellbeing</p> <p>For most people the internet is an integral part of life and has many benefits.</p> <p>The benefits of rationing time spent online,</p> <p>The importance of keeping personal information private.</p> <p>Why social media, some computer games and online gaming, for example, are age restricted.</p> <p>The importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p>		<p>Benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</p> <p>Bullying (including cyberbullying) has a negative impact on mental wellbeing.</p> <p>It is common for people to experience mental ill health and that often the problems can be resolved if the right support is made available.</p> <p>Benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p> <p>Internet can be a negative place where online abuse, trolling, bullying and harassment can take place, impacting on mental health.</p> <p>Characteristics of a poor diet and risks associated with unhealthy eating (e.g. obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on health).</p> <p>The facts about legal and illegal harmful substances and associated risks (smoking, alcohol use and drug-taking).</p> <p>How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body.</p> <p>Safe and unsafe exposure to the sun, and how to reduce the risk of sun damage.</p> <p>The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <p>The facts and science relating to allergies, immunisation and vaccination.</p>	

